

Oakfield Elementary

SEPTEMBER IMPORTANT DATES AND INFORMATION

Staying Connected with Seesaw

No more sifting through emails to locate OES communication, most of the time. The Seesaw program will be our new way to communicate with parents/families this year from your child, your child's teacher, or school staff. Watch [What is Seesaw? Introduction for Families](#) (English) or [How Families Connect to Seesaw \(Spanish\)](#) to learn more about the program, how to connect, and ways we will use it this year.

COVID Return to Schools Flow Chart

Fond du Lac County continues to work hard to keep all students, staff, and families safe while keeping our school open for students. Based on last week's experiences with schools reopening, they have updated the FDL County Return to School Flow Chart, which Oakfield School District follows. Please review the document once again to understand the process if your child or other family member's are sick. [Return to School Flow Chart \(English\)](#) or [Return to School Flow Chart \(Spanish\)](#)

Checklists for Home

There is a lot on parents' and students' minds, especially with all the new guidelines. Making a visual checklist for your child to follow each morning or night to prepare for school could be a great benefit. I know this really helps my children. These are a few things I would put on the list besides the daily tasks of packing backpacks, picking our clothes, brushing teeth, etc:

Mon., Sept. 7	No School - Labor Day
Tues., Sept. 8	5:30 PM Special Board Meeting (Virtual) https://us02web.zoom.us/j/87159827482?pwd=K1hZKzkxcGc0TXhRR3Fad1pkcUNiUT09
Thurs., Sept. 10	School Shirt Orders Due
Mon., Sept. 14	4K Regular School Schedule Begins <ul style="list-style-type: none"> 8:00 AM-3:15 PM Monday/Wednesday -- OR -- 8:00 AM-3:15 PM Tuesday/Thursday 5:30 PM -Committee of the Whole School Board Meeting (MS/HS IMC - subject to change)
Tues., Sept. 22	Picture Day (4K-5th Grade)
Wed., Sept. 23	Picture Day (4K - Mon/Wed)
Thurs., Sept. 24	7:00 PM PTO Meeting (Virtual - Link will be shared with parents)
Mon., Sept. 28	5:30 PM School Board Meeting in (MS/HS IMC - subject to change)

Oakfield Elementary Parent Orientations

No need to leave your house to meet with your child's teacher. Due to COVID guidelines, we have made the decision to conduct virtual Parent Orientation Meetings this school year. Your child's teacher will send information home soon.

Parent Virtual Orientation Meetings	
Meetings will be held from 6:00 - 7:00 PM	
Dates	Grade Level
Wed., Sept. 16	Kindergarten and 3 rd Grade
Mon., Sept. 21	4 th Grade and 5 th Grade
Wed., Sept. 23	2 nd and 1 st
Thurs., Sept. 24	4K

OVER 

- Pack Clean Face Mask
- Pack Extra Face Mask
- Pack Water Bottle
- Bring a Jacket
- Pack a Snack

Snack Guidelines

On the back of this document you will find **Snack Tips for Parents:**

10 Tips for Healthy Snacking.

**Mrs. Primeau's 4th Grade Class is a nut-free classroom.*

Student Drop-Off/Pick-Up

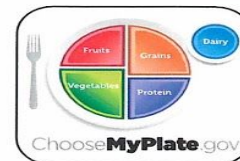
We are doing a staggered release time to cut down on traffic flow in the hallways and outside. Please see below to help you plan your arrival time at school, if you are picking up. Also, PLEASE use our OES parking lot to park and wait for your child. I have moved staff parking to allow this to happen.

Dismissal Time	Last Names
3:12	A - G
3:14	H - N
3:16	O - Z

10 tips

Nutrition Education Series

snack tips for parents



10 tips for healthy snacking

Snacks can help children get the nutrients needed to grow and maintain a healthy weight.

Prepare single-serving snacks for younger children to help them get just enough to satisfy their hunger. Let older kids make their own snacks by keeping healthy foods in the kitchen. Visit ChooseMyPlate.gov to help you and your kids select a satisfying snack.

1 save time by slicing veggies

Store sliced vegetables in the refrigerator and serve with dips like hummus or low-fat dressing. Top half a whole-wheat English muffin with spaghetti sauce, chopped vegetables, and low-fat shredded mozzarella and melt in the microwave.

2 mix it up

For older school-age kids, mix dried fruit, unsalted nuts, and popcorn in a snack-size bag for a quick trail mix. Blend plain fat-free or low-fat yogurt with 100% fruit juice and frozen peaches for a tasty smoothie.



3 grab a glass of milk

A cup of low-fat or fat-free milk or milk alternative (soy milk) is an easy way to drink a healthy snack.

4 go for great whole grains

Offer whole-wheat breads, popcorn, and whole-oat cereals that are high in fiber and low in added sugars, saturated fat, and sodium. Limit refined-grain products such as snack bars, cakes, and sweetened cereals.



5 nibble on lean protein

Choose lean protein foods such as low-sodium deli meats, unsalted nuts, or eggs. Wrap sliced, low-sodium deli turkey or ham around an apple wedge. Store unsalted nuts in the pantry or peeled, hard-cooked (boiled) eggs in the refrigerator for kids to enjoy any time.

6 keep an eye on the size

Snacks shouldn't replace a meal, so look for ways to help your kids understand how much is enough. Store snack-size bags in the cupboard and use them to control serving sizes.

7 fruits are quick and easy

Fresh, frozen, dried, or canned fruits can be easy "grab-and-go" options that need little preparation. Offer whole fruit and limit the amount of 100% juice served.



8 consider convenience

A single-serving container of low-fat or fat-free yogurt or individually wrapped string cheese can be just enough for an after-school snack.



9 swap out the sugar

Keep healthier foods handy so kids avoid cookies, pastries, or candies between meals. Add seltzer water to a 1/2 cup of 100% fruit juice instead of offering soda.

10 prepare homemade goodies

For homemade sweets, add dried fruits like apricots or raisins and reduce the amount of sugar. Adjust recipes that include fats like butter or shortening by using unsweetened applesauce or prune puree for half the amount of fat.

OAKFIELD SCHOOL DISTRICT



District Website

www.oakfield.k12.wi.us

Principal Contact

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Oakfield Schools: Every Storm is Followed By a Rainbow!